

Test For Anger

A friend of yours is unjustly criticized in your hearing.

Some one argues with you insistently against what you believe to be important.

You hear for the first time that a certain person has made a slighting remark about you.

You are rebuked before others by one of your companions.

An acquaintance passes without recognizing you, and you believe yourself to have been intentionally "cut."

Some one fails to keep an appointment with you and did not notify you that the appointment could not be kept.

Something of yours which you need is borrowed without your permission.

You are persistently and unpleasantly teased.

Disturbing Noise

There is continued music, conversation, typing, or the like, which disturbs you while you are trying to study.

There is continued music, conversation, typing, or the like, which disturbs you while you are trying to sleep.

At a theatre, concert, or other public place where you are trying to hear what is being presented, a stranger makes remarks or otherwise acts in a way to distract your attention disagreeably.

You are deprived of an anticipated pleasure upon which you had set your heart.

You have to do a disagreeable task because some one has shirked his duty.

You are treated discourteously by an employee in some office, shop, street car, train, or the like.

A stranger jostles or crowds you without apology.

"Central" of the telephone service delays for some time to give attention to your call, or does not seem to be trying to get the connection you wish, or connects you with the wrong number.

Cut Off

While telephoning, you are cut off in the midst of your conversation.

You hurry for a street car, and miss it by a very narrow margin.

You hurry for a ferry boat or for a connecting train and miss it by a very narrow margin.

Your score for irascibility depends upon how your reaction fits into the following scale:

If you are not annoyed or irritated in even the slightest degree, score 1.

If you are slightly annoyed, but there

are no physical symptoms of emotion, so far as you can notice, score 2.

If you are irritated, you feel moderate displeasure, and there are physical symptoms of emotion (a very slight frown, or flush, or muscular tension, perhaps) but these are so slight that (it seems to you) they could be noticed only by an attentive observer, score 3.

If you feel an impulse to make cutting remarks; and the physical symptoms of your anger (such as frown, or flushed face, or irregular breathing) must (so it seems to you) be evident to any observer. But the symptoms do not have the character described in the following paragraph, score 4.

If your mental equilibrium is upset

so that your work is interfered with; and you feel an impulse to attack the offender physically, or to throw things, or stamp with your foot, or slam the door, etc., score 5.

If you are stirred to passionate, violent anger; your physical as well as your mental equilibrium is upset; and one or more of the following physical symptoms, are present: trembling, nausea, loss of appetite, inability to talk coherently (voice shaking, sputtering, choking sensation, or the like) pallor, weeping, score 6.

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MEDICINE

Diet Promises Longer Life For Heart Disease Patients

COMPLETE rest, a very restricted diet and avoidance of the usual heart drugs will enable many patients to recover from heart attacks and return to a regular life, Dr. A. M. Master of Mount Sinai Hospital, New York, told members of the American Heart Association.

Nearly two-thirds of the private patients so treated by Dr. Master and his associates, Drs. Harry L. Jaffe and S. Dack, are now able to lead normal lives. Another twelve per cent. have returned to light or moderate activity. Some of them are still living fifteen years after their first attack.

Heart disease is not really increasing, in Dr. Master's opinion. He takes an optimistic view of the situation. The increase of heart deaths reported is partly due to better diagnosis and partly to the fact that more persons are living to old age and it is only in the old age group that there is any real increase in deaths from heart disease, Dr. Masters believes. The stress and strain of modern life is not the cause of the increase of heart disease, in his opinion.

"Certainly there was just as much stress and strain in the Dark Ages, the days of the Huns, the plagues, the great fires, Spanish inquisition and the French Revolution as there was in the Great War or during the depression," commented Dr. Master.

The form of heart disease known as coronary artery occlusion has probably occurred just as frequently in the history of man as it does now, he said.

In this type of heart disease the arteries which supply the heart muscle itself with blood become so narrowed that the blood cannot pass through the tiny vessels. Sometimes the vessels are stopped up by formation of blood clots. It is the latter form of the disease for which Dr. Master and associates found restricted diet and rest a successful treatment.

The diet contains only about 400 calories a day at first and is gradually increased to 800. (The average healthy person who is moderately active needs between 2000 and 3000 calories a day). The restricted diet is continued for from two to five months on the average and the period of complete rest in bed lasts about five weeks. The results are as good as those obtained by the new and radical method of treating heart disease by removing the entire thyroid gland, Dr. Master and associates found.

Both removing the thyroid gland and the rest and diet treatment help the patient to recover by reducing the amount of work his heart must do.

A novel feature of the treatment is avoidance of the drugs usually given to relieve heart attacks, such as nitroglycerine, amyl nitrite, digitalis and ephedrine. Morphine and codeine, however, were given whenever needed to relieve pain and to help the patient to rest.

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Malaria is widespread in Iran, and no organized attempt to control it has ever been undertaken, says a report from Paris.